

PLANK 1

TOOL: Correct Blood Pressure Technique Poster (Summit Medical Group)



Correct Blood Pressure Technique

- Wait until patient has been seated for five minutes prior to taking blood pressure.
- Use the right sized cuff on a bare arm.
- Place arm at heart level with palm of hand upright.
- Have back supported and legs uncrossed with feet flat on the floor.
- Avoid talking while blood pressure is being taken.
- Record exact numbers.



**Measure Up
Pressure Down**

American Medical Group Foundation

